



## Iowa WIC Program Agencies

### 31 Broadlawns Medical Center

River Plaza, 2300 Euclid,  
Suite D  
Des Moines, IA 50310  
(515) 282-5800

### 33 New Opportunities

23751 Hwy 30 East  
PO Box 427  
Carroll, IA 51401  
(712) 792-9266

### 34 Family and Community Health Alliance

1328 2nd Ave. SE  
Cedar Rapids, IA 52403  
(800) 205-0676  
or (319) 366-7875

### 35 Hillcrest Family Services

220 West 7th St.  
Dubuque, IA 52001  
(563) 557-4444  
or (877) 437-3942

### 36 Edgerton Women's Health Center

1510 East Rusholm St.  
Davenport, IA 52803  
(563) 359-6635

### 37 MATURA Action Corporation

207 B North Elm St.  
Creston, IA 50801  
(641) 202-7114

### 38 Mid-Iowa Community Action

1001 South 18th Ave.  
Marshalltown, IA 50158  
(800) 390-5293  
or (641) 753-4816

### 39 Mid-Sioux Opportunity, Inc.

418 S. Marion Street  
Remsen, IA 51050  
(800) 859-2025

### 41 North Iowa Community Action

100 1st Street NW,  
Suite 200  
Mason City, IA 50401  
(800) 657-5856

### 42 Clayton County VNA

600 Gunder Rd NE  
Elkader, IA 52043  
(888) 836-7867  
or (563) 245-1145

### 43 Operation Threshold

1535 Lafayette St.  
Waterloo, IA 50703  
(800) 643-1629  
or (319) 233-1851

### 45 Community Action of Southeast Iowa

2850 Mt. Pleasant St.  
Suite 108  
Burlington, IA 52601  
(319) 753- 0193  
or (877) 854-5640

### 46 American Home Finding

333 Church St  
Ottumwa, IA 52501  
(800) 452-1098  
or (641) 682-8784

### 47 Upper Des Moines Opportunity, Inc.

101 Robins St.  
PO Box 519  
Graettinger, IA 51342  
(800) 245-6151  
or (712) 859-3885

### 48 West Central Community Action

1408 A Hwy 44  
PO Box 709  
Harlan, IA 51537  
(800) 338-4129

### 49 Siouxland District Health Department

1014 Nebraska St.  
Sioux City, IA 51105  
(800) 587-3005  
or (712) 279-6636

### 50 Webster County Health Department

330 1st Ave. North  
Suite L2  
Fort Dodge, IA 50501  
(800) 510-7756

### 51 Johnson County Public Health

855 South Dubuque St.  
Iowa City, IA 52240  
(319) 356-6042

### 52 Pottawattamie County

300 West Broadway  
Suite 9, Omni Centre  
Council Bluffs, IA 51503  
(712) 328-5886

### 53 Marion County Public Health

2003 N. Lincoln  
Knoxville, IA 50138  
(641) 828-2238

For assistance, call:  
(515) 281-6650 or  
In-state 1 (800) 532-1579  
TDD Deaf Services  
1 (800) 735-2942

Iowa Department of Public Health  
Bureau of Nutrition and  
Health Promotion  
Lucas State Office Building  
321 East 12th Street  
Des Moines, IA 50319-0075  
[www.idph.state.ia.us/wic](http://www.idph.state.ia.us/wic)





# What happens at WIC?

## WIC provides the following services to achieve positive health outcomes:

- Nutrition counseling and education
- Breastfeeding promotion and support
- Checks to buy nutritious supplemental foods
- Immunization screening and referrals
- Medical, oral health and social services referrals

## WIC health professionals (registered nurses and licensed dietitians) meet with each participant to:

- Assess their diet and health history to identify nutritional needs
- Provide nutrition counseling
- Determine the appropriate foods for that individual and explain how to get them at an authorized WIC retailer

## WIC promotes breastfeeding

- Iowa's WIC Program has been a leader in breastfeeding promotion and support activities.
- Breastfeeding initiation rates for Iowa WIC mothers have increased since 1990, as have breastfeeding initiation rates for all Iowa mothers.

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To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# Who is eligible?

More families than you might think!

## WIC serves Iowa residents who are:

- Pregnant
- Breastfeeding (for up to one year postpartum)
- Women who are not breastfeeding (for up to six months postpartum)
- Infants
- Children under 5 years old

## AND Who meet WIC income guidelines

The guideline is 185% of the poverty level set by the federal government and is based on household size. For example, a family of four can make over \$40,000 annually and qualify.

## AND Who have medical or nutritional needs

Examples of qualifying needs include:

- Medical conditions that affect food intake or nutrition status
- Abnormal height or weight measurements
- Low intake of essential nutrients
- Conditions that predispose a person to inadequate nutrition patterns like lead poisoning, teen pregnancy, and alcohol or drug abuse

# Building a healthier Iowa

The individuals who originally planned the Iowa WIC Program wanted to combine nutrition, education, and health care into something that could benefit parents and their children for a lifetime. Proper maternal and early childhood nutrition is important, and that's why the Iowa WIC Program is so successful.

More than 70 studies have demonstrated WIC's effectiveness and found that:

- WIC produces positive prenatal and birth outcomes
- WIC improves children's health

WIC prevents future health problems, resulting in a stronger and healthier Iowa through:

- Reduced health care costs
- Children ready to learn
- A productive workforce for the future

There are over 650 grocery stores and pharmacies participating in the Iowa WIC Program. The WIC food package contains agricultural products produced within the state. Every day, the 70,000 Iowa WIC participants support the state's economy by purchasing:

- 300,000 gallons of milk
- 100,000 gallons of fruit or vegetable juice
- 100,000 dozen eggs

# How can you help?

## Please join us in building a healthier Iowa. You can help by:

- Mentioning the benefits of WIC as a health and nutrition program to all families.
- Displaying WIC posters and brochures in your office.
- Including WIC information in education or enrollment packets.
- Providing medical information when possible to shorten the time families need to spend at WIC certification appointments such as weight, height, and hemoglobin.

To order outreach materials or for more information, call 1-800-532-1579 or visit our web site at [www.idph.state.ia.us/wic](http://www.idph.state.ia.us/wic).

WIC services are provided in every county in Iowa. Check the map on the back of this brochure for the agency nearest you.

